



PED TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL
SEPTEMBER 2011

What's Up

Mike Bergeron

As Labor Day is upon us we should ask what it is that we did this summer. Vacation and travel of course. Where? To New England to visit family and friends. Why? Because the doctor said we could. (Remember last month's article, Prednisone withdrawal.)

It is always fun for us to spend time back east with family. This year was special as we had more time than we usually do, no funerals or weddings this trip, just visiting and sightseeing. We also squeezed in many trips to the local ICE CREAM shops as is our custom. We did start the time there spending the first weekend in Maine with two of my wife's sisters: Sally, who has a home on Bremen Island off the coast of Maine, and Anne who has a home in Ogunquit, ME. Both stops were very enjoyable with great food and great weather. We even managed to find a nice open air coastal restaurant for lobster rolls. Seems like that is one of our east coast requirements along with fried clams, fried shrimp, natural casing hot dogs and other local goodies not so available here in So. California.

The rest of the trip included visits with more family and old friends, all of which involved more food, more ice cream and a lot of traveling. Sure did get my money's worth on a rental car, over 1500 miles. But after 16 days it was really nice to get on that plane and come home to our own bed. We arrived home on Thursday before the hurricane became part of the landscape of the New England area and other

parts of the Northeast. Just in the nick of time as they say. A few pictures of the trip are attached to give you a flavor of the coast of Maine and Massachusetts. One of the best trips ever.



Reflections on April in Paris

By Mary Gravlin

In April, 2010, my husband and I rented an apartment in Paris. Then we went on to Normandy and rented a gite (a vacation house). Here are some things that I found interesting that you may not know about France.

BAGUETTES AND CROISANTS

taste better in France. I found out why by reading Julia Child's book, *My Life in France*. She explains that the flour there is not processed like it is in the U.S. and no preservatives are used. She says flour in the U.S. is processed more, so it can stay on a market shelf forever. In France, baguettes and croissants are absolutely delicious the day they are purchased. They are OK the following day but by the third day, you may as well throw them out. You see pictures of people carrying baguettes with a piece broken off and eaten on the way home. Too much temptation!

IN GROCERY STORES,

especially in Paris, almost everything (canned and packaged good) come in smaller sizes than here. To use a grocery cart, you must use a coin to unlock it and you retrieve the coin when you return the cart. No carts are strewn around the perimeter of the grocery store. The produce is beautiful and you must weigh it yourself on special scales and receive a price slip, or a grocery employee in the

produce dept. will do it for you. When you check out, the checker, sitting on a chair, will hand you a bag for you to bag your own groceries.

MERCHANDISE in France is MADE in France.

While we were shopping there we only found ONE item made in China. That was refreshing!

HOME APPLIANCES

are interesting. In Paris they must fit spaces in some apartments built 100 years ago or more. A stove may be very small and a refrigerator narrow and sometimes 7 feet tall or more. A washing machine takes one hour to wash a load of clothes.

PUBLIC BATROOMS

are available in museums and in restaurants but only if you dine there. Even in department stores they charge one euro (about \$1.42) to use the restroom! If you are out and in need, your best bet is to search for a good ole U.S.A. McDonalds restaurant. McDonalds has clean restrooms with no charge, and found everywhere in France.

SMOKING

is not permitted in public places. A funny sight in a casino in Normandy was a glass enclosure, like a phone booth, big enough for 2 or 3 people. You could smoke in there or go outside.

DISABLED PEOPLE

are not seen much in Paris. In the 6 weeks we were in France, I saw only one woman with a small oxygen tank and one man in a wheel chair. I can only assume that the disabled don't leave their homes. When we left Paris, airport security thought my portable concentrator was a bomb! People in the travel industry in the U.S. are familiar with concentrators. We are fortunate here that accommodations are made for the disabled so that travel is accessible to everyone.

Travel is fun and can be an adventure. As long as you can do it, it is possible to go anywhere and enjoy.

Great picnic.

If you weren't there, you should've been! There were about 70 of us showed up. That's close to 40% of total membership. Wow! And we had fun, and plenty of very good food!

GRIFFITH OBSERVATORY

The planned trip by the PEP Pioneers has kind of faded away for lack of interest. Doggone shame. The remodeled Observatory proved to be quite well done and a place of real interest, information, and beauty. Even June, my wife, who expected to be bored to tears by things astronomical, was delighted to find it a place of real interest.

Handicap parking is available within about 50 feet of the entry steps, and about the same distance from a long sweeping ramp for wheel and electric chair access.

Once inside, the displays begin immediately. Most are electronic. While the outside of the building has retained its traditional appearance almost totally, inside curving corridors with ceramic flooring, marble columns, and nothing that resembles the old Observatory accepting, of course, the great Foucault pendulum in the central rotunda, demonstrating rotation of the earth.

There are three floors of exhibits, plus the planetarium show, and the highest level, the roof, from which vast vistas of the LA basin can be enjoyed.

And Research Goes On...

A few weeks ago, some articles appeared in the various medical journals regarding lung regeneration. University of Minnesota and later Yale University succeeded in removing the essential structure (called extracellular matrix or ECM) of a rat lung, then seeding it with progenitor cells from a healthy rat and growing functioning rat lungs. These lungs functioned for a very short time but proved the feasibility of growing lungs on ECM scaffold using a patient's own stem or progenitor cells. That much work remains to be done to move that methodology up to accomplishing the same basic result in human lungs, it holds great promise for lung transplants that will not be rejected by the patient without the use of immunosuppressive drugs. How long that work will take remains to be seen. It probably will not be very soon.

In addition, researchers in Australia are taking a slightly different tack: they are working with pig lungs, which are remarkably similar to ours, to make them function in the human body. While these would still require anti-rejection treatment, they offer the promise of an unlimited supply of transplantable lung for those of us who would benefit thereby. There will, of course, be those who scream "chimera" (part man, part animal) and will be repulsed by the idea. Still it must be remembered that there are many thousands of us walking around with heart valves from pigs that function extremely well.

PEP Pioneers is an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 20929 Hawthorne Blvd. Torrance, CA 905

